

GOLD MEDAL SCHOOLS TRAINING

MAY 14, 2005

"TRADITIONAL P.E. ACTIVITIES"

Presenters:

Robbie White – "2003 Utah Elementary Physical Education Teacher of the Year"

Tim Best – "2005 Utah Elementary Physical Education Teacher of the Year"



Activities

1. Grab It
2. I Like It
3. Exercise Tic-Tac-Toe
4. Thumbs Up
5. Musical Hoops

Grab It

Grade level: K-6

Skill: Reaction Time, critical thinking skills

Objective:

- Promote hand-eye coordination
- Demonstrate quick reflexes and quick thinking skills
- Provide integration activities from multiple subjects

Equipment: One beanbag for every two players (small ball, tennis ball, etc. should be soft)

Organization: The players sit facing each other with their legs crossed and the beanbag or object placed between them

Activity: Players place their hands upon their knees. The teacher calls out “READY” and then “GRAB IT” as the players try to grab the object first. Immediately return the object to the middle of the partners.

Variations:

- Two objects are to be used, such as a ball and a beanbag, the players must grab whichever object is called
- Left or right hand, have the players use the hand called to pick up the object
- Opposite left or right hand, have the players use the opposite hand called, for example, call out right and the players must use the left hand
- Left hand = odd, right hand = even; call out numbers
- Left hand = false, right hand = true; statements true or false
- On your stomach
- While in a push-up position
- While in a sit-up position
- Opposite objects are to be grabbed (say ball, grab beanbag)

I Like

Grade level: K-6

Skill: Communication, proper contact of peers

Objective: Introductory activity for dance. Realize that no harm befalls a student who touches another

Equipment: None

Organization: Scatter formation

Activity: Each person decides upon one thing that they like. (I like fishing). They then walk around the gym greeting others, shaking hands or high fiving them while exchanging “I Likes.” Have them high five at least five boys and five girls.

Closure:

- How many people did you high five?
- Did you learn anything new about anyone?
- Did anybody have an arm fall off because they high fived someone

Exercise Tic-Tac-Toe Warm-up Activity

Grade level: 3-6

Skill: Strength, flexibility, cardiovascular conditioning, cooperation, strategy

Objective: The students will improve their fitness levels by performing various exercises while playing the game of Tic-Tac-Toe

Equipment: One Tic-Tac-Toe board per set of partners; lively music and a CD/tape player; beanbags or different objects to place on Tic-Tac-Toe

Organization: Group the students into pairs. Begin the game with push-ups. Partners must get into push-up position, one on each side of the Tic-Tac-Toe board. They will play a game of Tic-Tac-Toe, remaining in push-up position until the game is ended. Have the players decide who will go first.

Activity: On the “go” signal (music starts), both players do a push-up together. After the push-ups, the first player places a beanbag on the board. Play continues in this fashion until there is a winner or the game is a draw. For each new game, the students will choose a different exercise to perform in-between turns.

Variations: Divide the gym into “I Did It” and “Try Again” sides. The winner of the game will go to the “I Did It” side and will find a new partner to play a new game. The second place person will go to the “Try Again” side and will also find a new partner to play a new game. If there is a tie, play “Paper, Rock, Scissors” to decide who goes where.

Teaching Tips:

- If you don’t have enough beanbags, use poker chips, yarn balls, hoppy taws, etc.
- Have the students make a poster with a list of exercises to choose from and hang it on the gym wall
- Tic-Tac-Toe board, “I Did It” and “Try Again” signs can be found on pgs 13-15

Thumbs Up Cooperative Warm-up Activity

Grade level: K-6

Skill: Cooperative kills, agility, concentration, cardiovascular development

Objective: The students will work together to complete a warm-up activity that requires concentration, cooperation, creativity and coordination

Equipment: Lively music, CD/tape player

Organization: The class is in a scattered formation

Activity: Instruct the students to respond to your “thumb” signals:

- Thumbs up: Jump up and down or do football feet
- Thumbs down: Jog in place
- Thumbs out: Jumping Jacks

Use different locomotor movements and/or exercises with the signals. This can also be used with partners; one partner will give the “thumbs up” signals while the other will follow the commands. Switch leaders after 20 to 30 seconds.

Musical Hoops

Cooperative Warm-up Activity

Grade level: 2-6

Skill: Spatial awareness, locomotor movements, cooperative skills

Objective: The students will demonstrate their knowledge of spatial awareness with objects and people while using cooperative skills to include others in this game

Equipment: 12 to 20 hoops, lively music, CD/tape player

Organization: Scatter 12 to 20 hoops in the playing area. Have students find an open space on the floor (don't stand inside of the hoops)

Activity: The students will move randomly about the area using a designated locomotor movement while the music is playing. When the music stops, each player must stand in a hoop. It does not matter if more than one student is in the hoop. During each round, remove one or more hoops. Students are encouraged to cooperate with others and share the hoops so everyone will be able to stand inside a hoop. See if the entire class can cooperate so that as few hoops as possible are left on the floor. Can the entire class fit into six hoops? Five hoops? Etc.

Closure:

- What did you do when you saw someone who was looking for a hoop to stand in?
- How did you get more people into your hoop?
- What body shape did you make to get more people in?
- Why is it important to include others in this game?

Try Again!



*I
Did
It!*



